

# Karate Chopped Salad

**Makes:** 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Romaine lettuce, chopped		2-1/2 cups		10 cups
Tomatoes, chopped		2 cups		8 cups
Carrots, chopped		1-1/2 cups		6 cups
Yellow bell pepper, chopped		1/2 cup		2 cups
Cucumber, chopped		1-1/2 cups		6 cups
Walnuts (optional)		1/2 cup		2 cups
Yogurt, non-fat		1 Tbsp		1/4 cup
Lemon juice		2 Tbsp		1/2 cup

## Directions

1. Chop all vegetables.
2. Combine all vegetables in a large bowl.
3. Chill until ready to serve.
4. Combine yogurt and lemon juice in small bowl. Pour over salad.
5. Toss to coat.

## Notes

Serving Tips:

This salad can be used as a snack, a side dish, or topped with chicken or fish and eaten as a larger-portioned main course.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>22</b>	
Total Fat	NA	
Protein	1 g	
Carbohydrates	4 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	20 mg	